

## **Stress Management: An Interventional Study among Textile Employees**

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### **Abstract**

High level of Stress may cause adverse effects on Employees health that is Blood pressure, diabetes, depression and other chronic disease. For better quality of production Stress level should be moderated but not too much. The objective of the research was to study the effect of Stress Management intervention on stress of textile employees. International Stress Management Association UK (ISMA) – Stress Questionnaire was used to measure stress of the employees. The research design used for the intervention was pre-test and post-test control group design. 30 employees were randomly divided in two groups. 15 employees were in control group and 15 were in experimental group. Pre-test and Post-test were taken and analysed. For statistical analysis Independent t test and dependent t-test were used. It is derived from result that Stress of the textile employees significantly reduced by stress management intervention.

**Keywords:** *stress management & textile employees*

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